

Free Yoga Sessions (Thursday Aug 20th & Friday Aug 21st)

H. H. Sri Swami Adhyatmanandaji's Program in MI

❖ Start your journey towards wellness – Commit to this 2-day free **YOGA sessions**: de-stress and healing with balanced breathing and stretches

❖ Free Yoga sessions will be held at the Bhartiya Temple Center from **6:30AM to 7:30 AM** on

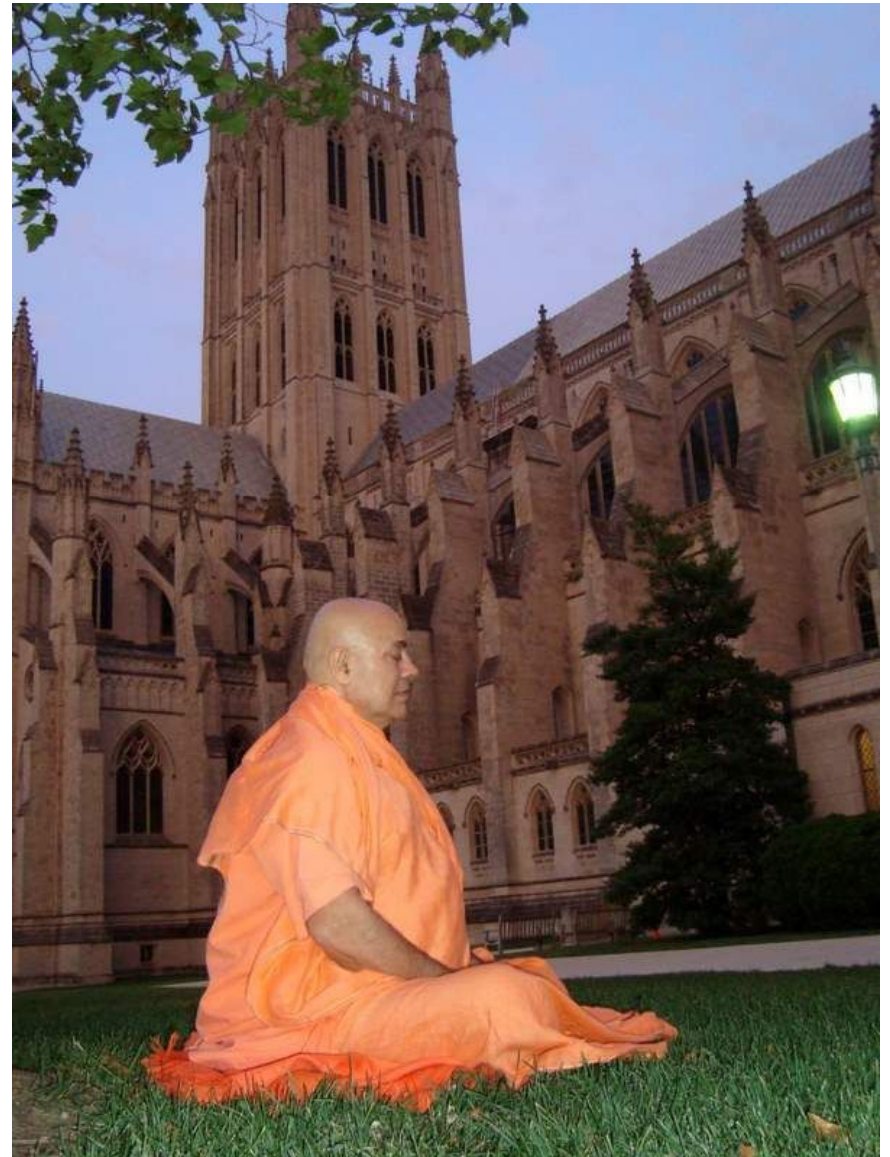
Thursday: Aug 20

Friday: Aug 21

❖ **Address/ Directions:**

**Bhartiya Temple
6850 N Adams Rd
Troy, MI 48098 (248) 879-2552**

For more information, Contact:
Neil Lal at 248-229-6407 or
email: neil@netlink.com



H. H. Sri Swami Adhyatmanandaji's Program in MI

Sessions are open to everyone, and there is no charge to attend.

❖ Sri Adhyatmanandaji Maharaj Swami, a graduate of IIT Bombay, is President of Sivananda Ashram, Ahmadabad and a beloved disciple of the most revered H. H. Sri Swami Chidanandaji Maharaj. He has a dynamic and versatile personality and is a magnificent orator, a melodious singer and a spiritual giant. Swamiji is also a world renowned teacher of Yoga, Pranayama and Meditation who, upon previous visits to the U.S. has won the hearts of one and all. His practical approach to spiritual life is well expressed through his dynamic and versatile personality.



❖ **2-Day Yoga Sessions: 6:30AM to 7:30AM** (Thursday and Friday: August 20th & August 21st) at the Bhartiya Temple

❖ **3-Day Spiritual Guidance & Lectures 7:00PM to 8:30PM** - on Topics as listed

- **2-Days, Wednesday and Thursday: August 19th & August 20th at the Sri Balaji Vedic Center ;**
Sri Balaji Vedic Center is located on East Big Beaver / Metro Park Way / 16 Mile just One Block of East of Dequindre Road, on the North Side of Big Beaver Road in an office building (Next to Bank of America).
- **1-Day, Friday: August 21st at the at the Bhartiya Temple**

Topics:

- **Living: Guidance from Lord Hanuman & Lord Rama**
- **Living: Coping with pressures/ Need for action: Teachings of Lord Krishna**
- **Yoga & Health: Mind Mysteries & Control**
- **Yoga & Health: Siddhis, Sadhana, and Pranayama**